



LOW BACK PAIN CAN BE TREATED WITH SIMPLE EXERCISES AT HOME

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Abstract

Activities of daily living are the most common activities that cause low back pain in housewives. 75-85% of the population has suffered from low back pain at least once in their lifetime. This problem recurs and continues with more severe problems. One solution to overcome the problem of low back pain is to provide counseling and demonstration of how to overcome low back pain with simple exercises at home. This community service was conducted on housewives with complaints of low back pain as many as 60 people, then given a lecture on proper activities and exercises to overcome low back pain simply. Evaluation was carried out twice (pretest and posttest) by giving a questionnaire that could reveal the level of knowledge and skills as well as observation and question and answer to assess the knowledge and skills of housewives. The results of the implementation of this community service obtained a level of knowledge of housewives of 91.7% and skills of 90%. This activity was carried out with the team. The participants were very active during the activity with a question and answer session.

Keywords: Low back pain; Activities of daily living; exercise, housewife

INTRODUCTION

Low back pain (LBP) is a symptom that is not an established diagnosis characterized by the main complaint is non-specific pain and movement disorders in the lower back area. Low back pain is one of the problems that is not uncommon in society, ranging from the mildest problems to quite severe problems, depending on the type and location of the disorder. About 10% of adults experience LBP from all physical disorders (Henchoz et al., 2010). Generally, low back pain is caused by a disturbance in the neuromusculoskeletal system which has an impact in the form of pain and inflammation which often ends in impaired mobility and limited movement function (Maher et al., 2017). Activities at home carried out by housewives are generally activities that place a burden on the back structure which in turn can cause disorders of the musculoskeletal system such as low back pain.

Low Back Pain is a widely occurring disease in the world's population. It affects both men and women, all ages (but generally ranges from 35-55 years old), ethnicities and various socioeconomic levels. 75-85% of the population has suffered from low back pain at least once in their lifetime (Deyo et al., 2014).

The results of a survey (Brigita Desi, 2014) in the Aspol Tello Baru complex Makassar of 30 washing workers, all of whom often experience low back pain with an average age of 20

- 55 years with a length of work washing 1.5 - 3 hours every day. Likewise, in the community in Berua village, the wife's work is generally as a housewife who does activities for approximately 8 - 10 hours per day. The activities of housewives generally include washing, lifting objects, cleaning the house and even climbing so as to cause extreme movements as a trigger for low back pain.

The above events occur due to the lack of knowledge of mothers in carrying out daily activities that can cause movements that can burden the work of muscles and bones that exceed their abilities, making it easy to experience injuries. Low back pain, is very difficult to overcome considering that housewives have very little knowledge in overcoming. One simple way to deal with low back pain is exercise therapy.

Due to the low knowledge and skills of mothers on how to perform simple exercise therapy independently, which is characterized by the high incidence of low back pain experienced by mothers, it is necessary to have a service activity that provides an understanding of how to perform simple exercise therapy that can be done independently at home so that it can overcome the occurrence of low back pain.

Based on the above problems, the problem faced by partners is the low knowledge and skills of mothers in overcoming the onset of low back pain with simple exercise therapy techniques that can be done independently at home. The purpose of implementing this community service activity is to increase the knowledge and skills of partners in performing exercise therapy simply and independently at home so that they can overcome the problems that can be caused by low back pain.

IMPLEMENTATION METHOD

Community service activities are carried out on housewives and cadres in Berua Lanraki village, Makassar City. The implementation time lasts approximately 3 months from the identification of mothers who experience low back pain to the final evaluation of the activity. The instruments used were educational materials and demonstrations in the form of LCD and power points, mattresses and beds, and questionnaires. The service was carried out by providing material to 60 housewives and cadres. Evaluation was carried out by giving questionnaires and observations accompanied by questions and answers twice, namely before and after being given lectures and demonstrations. This activity was carried out with the team.

RESULTS AND DISCUSSION

Planning Stage

The planning stage begins with the submission of a proposal. The next step is to apply for an activity permit. Before starting the activity, the community service implementation team made an initial visit to the location of each housewife who had been determined by the partner to identify the presence or absence of lower back pain disorders, so that the number of housewives who were the target of the activity could be determined, prepare a place and means of implementing activities, prepare materials, prepare counseling aids, prepare participants with partners to distribute invitations to targeted mothers, and make an activity implementation plan.

Implementation Stage

The implementation of community service activities begins with preparing educational materials in the form of power points. Furthermore, the community service implementation team conducted a demonstration in the form of simple Mc Kenzie and willianm flexion exercises to overcome low back pain.



Figure 1 Providing material with lectures accompanied by demonstrations

Evaluation Stage

After the implementation stage is complete, an evaluation is carried out to assess how much impact the results of the implementation of community service activities have. The evaluation was carried out twice, namely before and after counseling and demonstration. The results of this series of community service activities obtained the most age of housewives in the age range of 41 - 45 years, namely 33.3% with the most education is high school, namely 47%.

In the mother's education factor, the results of the analysis show that mothers generally have a high school education level (SMA). A person's education shows his knowledge in carrying out his daily activities with ergonomic postures. Education shows the level of knowledge received by the person, the higher the education, the more knowledge is expected, including in terms of good daily activity habits to prevent low back pain (Andini, 2015). The

high level of education of a person will be followed by an increase in knowledge, so that a person will have a good and correct attitude towards something, for example an attitude towards daily activities so as not to cause injury, especially low back pain or the desire to know how to solve the problem. This is in line with the results of research which states that the high education of a person's educator will influence decision making or action, will be careful in every action including overcoming low back pain with simple forms of exercise (Wibawa; & Purnawati, 2014), but the results of other studies state that educational factors are not the only factors associated with the incidence of pain, but also accompanied by family, work, and economic characteristics (Zajacova et al., 2020). Educational factors also affect the wrong attitude or position of a person during activities or work which can cause the body to expend large amounts of energy so that injuries or pain, especially in the waist, are easy to occur (Nugraha et al., 2020).

The results of the analysis obtained the level of knowledge of housewives before being given counseling about knowledge of daily activities without causing low back pain, namely less knowledge 53 people or 88.4%, sufficient knowledge 5 people or 8.3% and good knowledge 2 people or 3.3%. Whereas after being given counseling accompanied by assistance, the partners' knowledge of daily activities without causing low back pain was obtained, namely lack of knowledge, 5 people or 8.3% of sufficient knowledge and 55 people or 91.7% of good knowledge. Thus it can be concluded that the provision of counseling has an effect on increasing partner knowledge about activities without causing low back pain. This can occur because by providing counseling in the form of lectures there will be a process of providing information that causes changes in attitudes and behaviors that cause an increase in knowledge so that an awareness arises which in turn will behave in accordance with their knowledge (Devis & ZA, 2017). Giving lectures can be tailored to the circumstances of the partner or audience so that it feels interesting and gets a clear impression of the topic discussed, namely a simple form of exercise that can be done at home to overcome low back pain (Umanailo et al., 2019). Providing counseling with the lecture method will provide audience appeal due to the effective use of technology (Afurobi et al., 2015). Extension with the lecture method can be uninteresting if the presenter is more dominant, therefore this method will provide audience appeal if the approach is focused on participants or partners so that the classroom environment is more lively, arouses interest and maintains partner interest (Bello et al., 2016).

Likewise, changes in maternal skills towards the ability to perform simple therapy if experienced low back pain, experienced changes, where the ability of maternal skills before being given lectures and training obtained unskilled abilities as many as 60 people or 100%,

while the ability that is less skilled and skilled no one gets it. After being given counseling and training on simple exercise therapy if low back pain is obtained, there are no unskilled mothers and there are 6 people or 10% who are less skilled, and there are 54 people or 90% who have the ability to be skilled in performing simple exercise therapy if they experience non-specific low back pain. Thus the provision of counseling and training can improve the ability of the mother's skills.

Training is given to mothers with the intention of obtaining changes in the knowledge, skills and attitudes and behavior of mothers in overcoming low back pain independently so as to increase productivity in activities and performance in good quality (Cahya et al., 2021; Nurdin, 2023). This training is carried out so that mothers do not feel monotonous and boring in obtaining material, so that mothers can easily understand the material provided (Satriani). Training is also useful for developing skills, knowledge and values to improve their welfare (Aswidiyanto & Soedjarwo, 2020). Thus, giving lectures accompanied by training has a good effect on increasing the knowledge, skills and attitudes of mothers in dealing with their problems in the form of low back pain.



Figure 2 Photo with Participants

CONCLUSION

Based on the results of the analysis and discussion on community activities, it is concluded that this activity obtained outcomes in the form of increased knowledge and skills of mothers as very good partners and mothers have been able to overcome low back pain disorders with simple exercise techniques at home.

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